

Recreation Guide

Unifying and strengthening our community.

Opportunity
recreates here.

Fall 2021

In Antioch, our mission is to deliver quality services with integrity, excellence, and innovation.

CITY OF
ANTIOCH
CALIFORNIA
OPPORTUNITY LIVES HERE

FOLLOW US ON SOCIAL MEDIA:



antiochrecreation



antiochrec_ca

September–December | Registration begins: August 16, 2021



COYOTE HILLS FALL CAMP CAMPTOBERFEST

AGES 6-12

OCTOBER 4th-8th

8:00AM-3:30PM

Pile up the memories at Antioch Recreation's Coyote Hills—Camptoberfest! Kids will enjoy a week full of fall themed fun and games. We will have open gym time with activities such as: basketball, volleyball, ping pong, cornhole, foosball, giant Jenga, board games, fall harvest crafts and so much more! Kids will compete in an extreme dodgeball tournament and celebrate the season with hot cocoa and cookie decorating!



Antioch Community Center
Instructor: Recreation Staff
#8554 | \$220R/\$232NR



Welcome Back, Antioch!

The pandemic has been challenging for everyone and we are excited to meet your recreational needs. Over the past several months, staff has been working tirelessly to prepare programs and facilities for upcoming fun and connection. Part of that preparation has been the elimination of online convenience fees! The focus of the City of Antioch's Parks and Recreation Department has always been on you, our patrons.

Additionally, we will be designating this section of the Recreation Activities Guide to highlighting stories from our community that are uplifting and inspiring. Our goal is to bring a little good news to brighten your day.

In January, the Parks and Recreation Department was approached by a young man named Parker Reich. Parker was a sophomore (now junior) at Deer Valley High School who was working on becoming an Eagle Scout. To achieve the rank of Eagle Scout, Parker had to complete a community service project. He proposed improvements to the Disc Golf Course at Prewett Park.



Parker's proposal included adding baskets (holes) to make the "back nine" more enjoyable, a new bench with a built-in "lost and found," some new tee boxes, a new wooden "mandatory" to replace the PVC one that was falling apart, and adding a windsock. Parker presented his proposal to the Parks and Recreation Commission, and then completed his project in April. We thank Parker for his contribution to the community. Congratulations!

If you have a story of a fellow community member who you would like to see recognized for their contributions, please email bhelfenberger@antiochca.gov.

Brad Helfenberger
Parks and Recreation Director

Vision

Antioch is a desired destination in the Bay Area:

Building on our historic legacy, creating bright opportunities for families to grow, offering places to play, enabling businesses to thrive and cultivating a unique downtown experience.

CITY OF ANTIOCH CALIFORNIA OPPORTUNITY LIVES HERE

CITY COUNCIL

Lamar Thorpe, Mayor
Monica E. Wilson, Mayor Pro Tem
Mike Barbanica
Lori Ogorchock
Tamisha Torres-Walker

PARKS & RECREATION COMMISSION

Marie Arce, Chair
Beverly Knight, Vice Chair
Mitchell Belche
Lesley Eubanks
Nora Foster
Rodney McClelland
Deirdre Peckenham

Commission meetings are open to the public and held on the third Thursday of the month.

RECREATION DEPARTMENT

Brad Helfenberger, Parks & Recreation Director
Julie Martin, Recreation Supervisor
Troy Faulk, Recreation Supervisor
Emily Reinard, Administrative Assistant
Karen Alsaker, Office Assistant
Stephanie Simmons, Office Assistant

ANTIOCH WATER PARK

Bree Pires, Recreation Supervisor
Michael Slembruck, Aquatics Maintenance Worker

ANTIOCH SENIOR CENTER NICK RODRIGUEZ COMMUNITY CENTER

Monserat Cabral, Recreation Supervisor
Monica Bugaoan-Abakan, Recreation Coordinator

ANTIOCH MARINA PARK/FACILITY MAINTENANCE

Ronald Chandra, Operations Supervisor
Derek Traya, Parks Supervisor

City of Antioch Recreation Offices will be closed for the following holidays:

Monday, 9/6 — Labor Day
Wednesday, 11/11 — Veterans Day
Thursday-Friday, 11/25-11/26 — Thanksgiving
Thursday-Friday, 12/23-12/24 — Christmas
Friday, 12/31 — New Year's Day



Sports Programs Page 20



Adaptive Recreation Page 10



Older Adult Classes Page 24



Fall-O-Ween Page 14

Please note that we have eliminated online convenience fees!



Antioch Skate Park

This 15,000 square foot facility is available for skating and skateboarding and is located at 4701 Lone Tree Way (next to the Prewett Community Park & Center). Hours of operation are from dawn to dusk, 7 days a week. There is no fee to use the skate park, however, participants must wear helmets, knee pads and elbow pads or be subject to citation(s) and fine(s). Please note, there is no attendant on site.

Class Locations:

Antioch Community Center
4703 Lone Tree Way

Antioch Community Park
James Donlon Blvd. & Blythe Drive

Antioch Senior Center
415 W. 2nd Street

Antioch Water Park
4701 Lone Tree Way

Chichibu Park
Long View Road & Acorn Drive

City Park
Corner of 10th and A Streets

Diablo West Park
2000 Prewett Ranch Drive

Prosserville Park
1124 W 6th Street

Turf Fields
James Donlon Boulevard

Class Fees:

R = Resident NR = Non-Resident

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Information on Disabilities

The City of Antioch Recreation Department encourages individuals of all abilities to participate in the offerings in this brochure. To aid in these programs, we request two weeks advance notice prior to the first class. We are committed to accommodating programs to meet individual needs. For further information, call 776-3050.

FOLLOW US ON SOCIAL MEDIA:



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Contra Costa COVID-19 Testing Site at Antioch Community Center

Contra Costa residents who need a fast, convenient, no-cost COVID-19 test can go to the Antioch community Center, 4703 Lone Tree Way, from 11 a.m. to 7 p.m. Thursday through Monday—weekend appointments available.

Appointments are not required to get a test. To make a testing appointment in Antioch or other community testing sites across Contra Costa County, call 1-844-421-0804 or schedule online at coronavirus.cchealth.org/get-tested.

Contra Costa COVID-19 Vaccine at the Nick Rodriguez Community Center

Contra Costa County, in partnership with the California Office of Emergency services, is offering walk-in vaccination service to people ages 12 and older who live or work in the county at the Nick Rodriguez Community Center, 213 F Street Antioch, CA 94509.

At the same time, the County is also making it easier to schedule vaccine appointments online. People from Contra Costa can now directly book appointments on COVID-19 Vaccine Scheduling (cchealth.org) at one of our many vaccination sites around the county.

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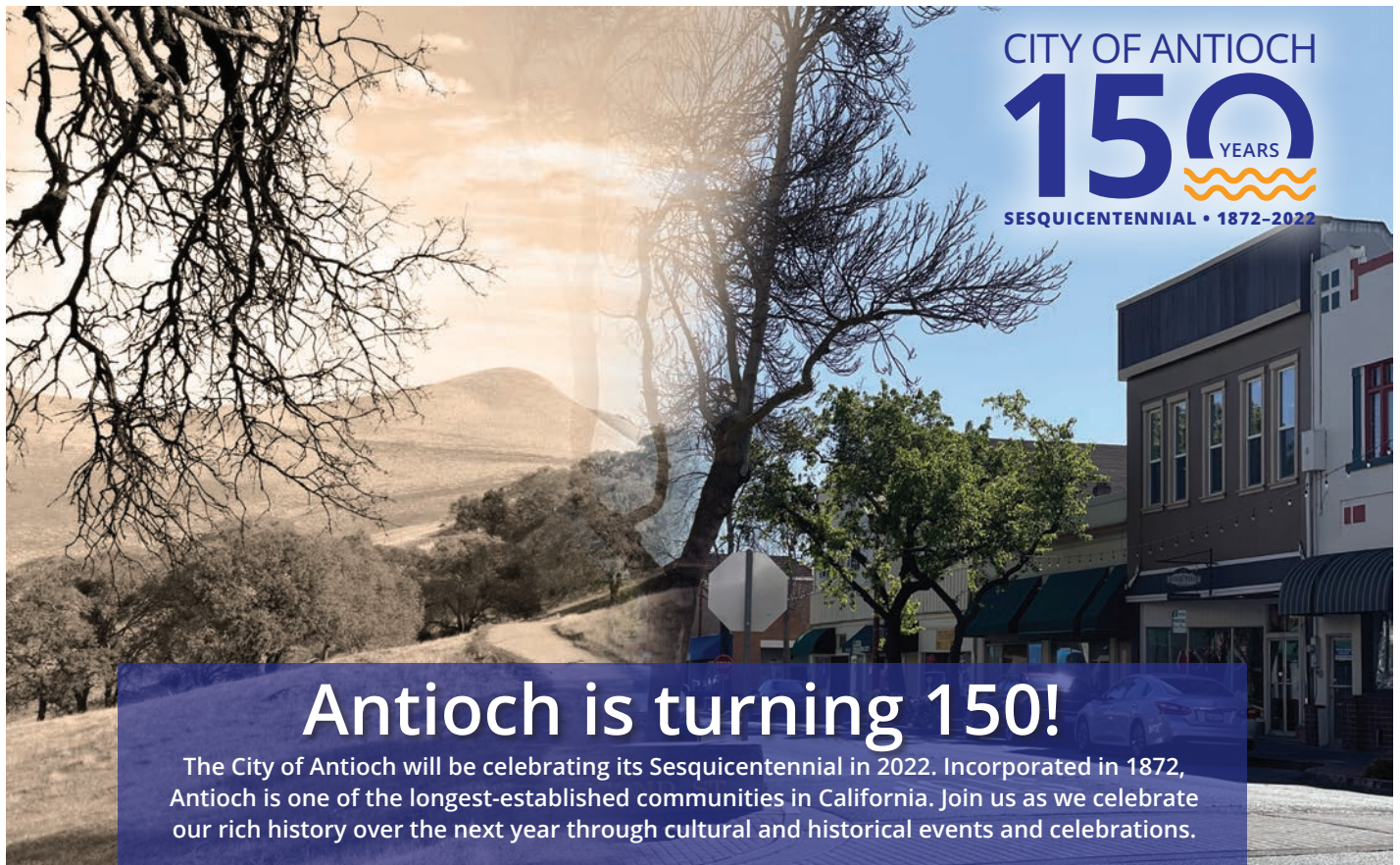

CONTRA COSTA
HEALTH SERVICES

Young lungs at play...



The City of Antioch's parks are completely smoke-free. This includes no vaping, smoking, cannabis, or e-cigarettes in or around parks, playgrounds, and trails. For more information visit www.antiochca.gov

CITY OF
ANTIOCH
CALIFORNIA
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CITY OF ANTIOCH
150 YEARS
SESQUICENTENNIAL • 1872-2022

Antioch is turning 150!

The City of Antioch will be celebrating its Sesquicentennial in 2022. Incorporated in 1872, Antioch is one of the longest-established communities in California. Join us as we celebrate our rich history over the next year through cultural and historical events and celebrations.



THE **FOODIE CREW** PRESENTS:

FOOD TRUCK THURSDAYS! ANTIOCH 2021

EVERY THURSDAY thru OCTOBER **GRAB N GO**

5-9PM @ ANTIOCH COMMUNITY CENTER & WATER PARK (LOT)
4703 Lone Tree Way • Antioch

FOODIECREW.COM *Sponsored in part by The City of Antioch Recreation Department*



UNITY DAY

kindness
acceptance
inclusion

**OCT 20
2021**

**WEAR AND SHARE
ORANGE
IN SUPPORT OF
BULLYING PREVENTION**

#UNITYDAY2021
PACER.ORG/BULLYING

Sponsored by PACER's National Bullying Prevention Center since 2011



FREE KIDS FISHING DERBY

SATURDAY, OCTOBER 9 | 9AM-12PM

WALDIE PLAZA & PUBLIC FISHING PIER
(ACROSS FROM CITY HALL)

Held in memory of
Antioch resident
"Compy" Compomizzo
who inspired the
mission statement:
"Get kids hooked
on fishing, not drugs
or gangs."

For more information
contact Roger Lund at
(925) 754-3938.

Brought to you by:
California Striped Bass Association,
West Delta Chapter



ANTIOCH RECREATION PRESCHOOL ACADEMY

AGES 3.25-5

Preschool Academy

Welcome to our Preschool Academy where your child will be encouraged to use their imagination and develop an early love of school and learning while building self-confidence and self-esteem. We will work on mastering pre-writing, pre-math, colors, shapes, numbers, and letters in individually spaced zones to ensure safety procedures. Preschoolers will each get their own Academy Kit filled with materials for projects, art and play. Information regarding preschool procedures and guidelines will be communicated prior to the start of school. Registration must be completed, by noon, on the Friday prior to the session start date. Children must be toilet-trained (no pull-ups) for all preschool classes.



For additional information call Preschool Coordinator Traci Martin at (925) 776-3073.

Antioch Community Center • Instructor: Preschool Staff
Monday–Thursday, Morning Session

#8546	9/7–9/30	8:30AM–11:00AM	\$375R/\$387NR
#8547	10/11–10/28	8:30AM–11:00AM	\$300R/\$312NR
#8548	11/1–11/18*	8:30AM–11:00AM	\$275R/\$287NR
#8549	11/29–12/16	8:30AM–11:00AM	\$300R/\$312NR

Monday/Wednesday, Afternoon Session

#8585	9/8–9/29	1:00PM–3:30PM	\$175R/\$187NR
#8586	10/11–10/27	1:00PM–3:30PM	\$150R/\$162NR
#8587	11/1–11/17	1:00PM–3:30PM	\$150R/\$162NR
#8588	11/29–12/15	1:00PM–3:30PM	\$150R/\$162NR

Tuesday/Thursday, Afternoon Session

#8550	9/7–9/30	1:00PM–3:30PM	\$200R/\$212NR
#8551	10/12–10/28	1:00PM–3:30PM	\$150R/\$162NR
#8552	11/2–11/18*	1:00PM–3:30PM	\$125R/\$137NR
#8553	11/30–12/16	1:00PM–3:30PM	\$150R/\$162NR

*No class 11/11

Youth Activity Scholarships

Applications are available at www.antiochca.gov/recreation/
and at the Antioch Community Center for residents
of Antioch and residences within the Antioch
Unified School District.

YOUTH SCHOLARSHIPS ARE COORDINATED BY THE ANTIOCH
RECREATION DEPARTMENT. FUNDING PROVIDED BY DONATIONS
AND THE ANTIOCH COMMUNITY FOUNDATION.

Antioch Recreation's School of Dance—Session 1

AGE 2

Tiny Pumpkins—Tippy Twos

Express your inner pumpkin! This fun and spooktastic class will enhance tiny pumpkins musicality and basic motor skills to get your pumpkins moving! Wear comfortable clothes/leotard, ballet shoes/bare feet, and parent pumpkin participation required!

Antioch Community Center • Instructor: Recreation Staff
Saturdays

#8509	9/11-10/23	9:00AM-9:40AM	\$77R/\$89N
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AGES 3-6

Zombies & Tutus

Show your zomb-tastic twirl! These zombie kings and queens will master the Barre, musicality, coordination, and flexibility to bring the zombie in ballet! Wear leotard, tights, ballet shoes. Hair should be up to show your true zombie!

Antioch Community Center • Instructor: Recreation Staff
Saturdays

#8510	9/11-10/23	10:00AM-10:40AM	\$77R/\$89N
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AGES 4-8

The Monster Mashup Cheer Squad

Become your true Monster! Let your young monster create a combination through jazzy beats mixed with graceful mon-tastic ballet! Please wear your jazz shoes/bare feet with a leotard to express your unique monster mashup!

Antioch Community Center • Instructor: Recreation Staff
Saturdays

#8511	9/11-10/23	10:00AM-10:40AM	\$77R/\$89N
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AGES 4-8

Hip Hop & Skipping Beats—Halloween

Put the thrill in thriller! Your little zombies and monsters will master muscle development, coordination, and musicality to express their thriller! Please wear comfortable clothes and tennis shoes. No jeans. Show your thriller moves!

Antioch Community Center • Instructor: Recreation Staff
Saturdays

#8512	9/11-10/23	11:00AM-11:40AM	\$77R/\$89N
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Antioch Recreation's School of Dance—Session 2

AGE 2

SnowBabies Ballet—Tippy Twos

The baby ballerinas will twirl and float like falling snow! As snow falls these babies will learn ballet and basic motor skills. Wear comfortable clothes/leotard and ballet shoes/bare feet. Parent participation required!

Antioch Community Center • Instructor: Recreation Staff
Saturdays

#8513	11/6-12/11*	9:00AM-9:40AM	\$64R/\$76N
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*No class 11/27

AGES 3-6

Tutus & Twirling Elves

Our dancers will twirl and leap to the movement of ballet during the holiday spirit! These talented elves will focus on creative movement and coordination! Please wear a leotard/ballet shoes with holiday spirit!

Antioch Community Center • Instructor: Recreation Staff
Saturdays

#8514	11/6-12/11*	10:00AM-10:40AM	\$64R/\$76N
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*No class 11/27

AGES 4-8

Sugar Plum Fairies Cheerleading

The mixed combination of jazz and ballet will have your fairy spreading her true happiness through the art of dance! Fairies will master the Barre and flexibility in leotard/ballet shoes. Fairy tutus are welcome!

Antioch Community Center • Instructor: Recreation Staff
Saturdays

#8515	11/6-12/11*	10:00AM-10:40AM	\$64R/\$76N
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*No class 11/27

AGES 4-8

Hip Hop & Skipping Beats—Holiday Beats

Get ready to pop, lock, and jingle bell rock! This enthusiastic holiday hip hop class will involve creative movement and coordination. Wear comfortable clothes and tennis shoes. No jeans. Bring out your inner beats!

Antioch Community Center • Instructor: Recreation Staff
Saturdays

#8516	11/6-12/11*	11:00AM-11:40AM	\$64R/\$76N
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*No class 11/27

Be Exceptional!

TUESDAYS

DANCE, FITNESS & TUMBLING

AGES 4-7

Fun with Dance and Tumbling

Join us in this all-abilities class while we explore creative movement games and activities and learn basic dance and tumbling skills. Workout attire (no jeans), dance shoes, or bare feet required.

Antioch Community Center • Instructor: Be Exceptional
Tuesdays

#8635	9/7-10/12	4:00PM-5:00PM	\$72R/\$84NR
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AGES 10-18

Hip Hop Fitness

Learn the basics of hip hop dance while exercising in this fun high energy all-abilities workout class. Workout attire (no jeans), tennis or dance shoes required.

Antioch Community Center • Instructor: Be Exceptional
Tuesdays

#8638	9/7-10/12	5:30PM-6:30PM	\$72R/\$84NR
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FRIDAYS

DANCE

AGES 3-5

Jazz and Tap Dance

In this fun, upbeat class, we will explore the basics of Jazz and Tap dancing. Dance/workout attire, ballet and tap dance required.

Antioch Community Center • Instructor: Be Exceptional
Fridays

#8641	9/10-10/15	11:00AM-11:45AM	\$72R/\$84NR
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AGES 2-3

Tiny Steps

Get your little one up and moving in this class while we explore creative movement and dance using musical games and props. Dance/workout attire, ballet shoes or bare feet required.

Antioch Community Center • Instructor: Be Exceptional
Fridays

#8644	9/10-10/15	9:00AM-9:45AM	\$72R/\$84NR
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#8674	10/22-12/03*	9:00AM-9:45AM	\$72R/\$84NR
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*No class 11/26

AGES 3-5

Pretty as a Princess Ballet

Everyone can be a princess in this creative ballet class where each week we will explore different princesses. Ballet/princess attire, ballet shoes or bare feet required.

Antioch Community Center • Instructor: Be Exceptional
Fridays

#8645	9/10-10/15	10:00AM-10:45AM	\$72R/\$84NR
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#8675	10/22-12/03*	10:00AM-10:45AM	\$72R/\$84NR
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*No class 11/26

Everyone



Adaptive Recreation & Inclusion Programs

Be Exceptional Programs is a non-profit organization that was founded with the intention of creating a space where all individuals can learn and grow together. Be Exceptional provides recreational classes and social events for individuals facing developmental, physical, and emotional challenges. We want to support, encourage, and empower children and adults with special needs by providing them with the opportunity to shine and the community to see what we can accomplish with patience, understanding, teamwork, and determination. If class participants need additional assistance this can be arranged. Please contact us in advance at 925-776-3050.

SATURDAYS

SKATEBOARDING

AGES 8 & UP

Skateboarding Lessons at Antioch Skate Park

Skateboarding lessons for all-abilities- beginners to experts can develop and build upon their skateboarding skills- Please bring a helmet and pads. A skateboard can be provided for use during the lesson if needed.

Antioch Skateboard Park • Instructor: Be Exceptional Skate Saturdays

#8649	9/11-10/16	10:00AM- 11:00AM	\$75R/\$87NR
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DANCE & TUMBLING

AGES 1-2

Fun with Dance and Tumbling

You and your little one can join us in this all-abilities class while we explore creative movement games and activities and learn basic dance and tumbling skills (Parent/guardian participation is required).

Antioch Community Center • Instructor: Be Exceptional Saturdays

#8646	9/11-10/16	9:00AM-9:45PM	\$72R/\$84NR
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AGES 3-4

Tumble Tots

Join us in this all-abilities class while we learn the basics of gymnastic and tumbling skills. Workout/dance attire and bare feet required.

Antioch Community Center • Instructor: Be Exceptional Saturdays

#8647	9/11-10/16	10:00AM-10:45AM	\$72R/\$84NR
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AGES 5-7

Intro to Gymnastics and Tumbling

This fun introductory class will have your gymnasts springing on the vault, bouncing on the trampoline, and tumbling across the floor. Workout/Dance attire and bare feet required.

Antioch Community Center • Instructor: Be Exceptional Saturdays

#8648	9/11-10/16	11:00AM-11:45AM	\$72R/\$84NR
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Shines!

MARTIAL ARTS

4-6 YEARS

Panda Martial Arts by Max Academy

Join our community as we help your child discover what they are capable of. We use the martial arts to help children discover how their bodies move and how to strengthen themselves. We use character talks to show kids how to live good lives. And we have fun in the process.

Antioch Community Center • Instructor: Sensei Nick Rosalez
Wednesday

#8604	9/8-10/4	5:00PM-5:40PM	\$61R/\$73NR
#8605	10/13-11/10	5:00PM-5:40PM	\$61R/\$73NR
#8606	11/17-12/15	5:00PM-5:40PM	\$61R/\$73NR

7-12 YEARS

Junior Martial Arts by Max Academy

The Max Community is here to support parents raise their kids to live great lives. We use the martial arts to teach kids worthy character traits and life skills such as focus and perseverance. We help students discover their strength through practical self-defense skills and fitness. Kid's love being a part of our community.

Antioch Community Center • Instructor: Sensei Nick Rosalez
Wednesday

#8607	9/8-10/4	5:45PM-6:25PM	\$61R/\$73NR
#8608	10/13-11/10	5:45PM-6:25PM	\$61R/\$73NR
#8609	11/17-12/15	5:45PM-6:25PM	\$61R/\$73NR

13 YEARS & UP

Teen Martial Arts by Max Academy

We guide teens to discovering the tools they need to protect themselves, increase their fitness, and learn how to be leaders. The martial arts and self-defense skills we teach empower teens and increase their confidence. Teens feel comfortable in our community and learn life skills that help them thrive.

Antioch Community Center • Instructor: Sensei Nick Rosalez
Wednesday

#8610	9/8-10/4	6:30PM-7:10PM	\$61R/\$73NR
#8611	10/13-11/10	6:30PM-7:10PM	\$61R/\$73NR
#8612	11/17-12/15	6:30PM-7:10PM	\$61R/\$73NR



Please note that we have eliminated the online convenience fees!



LIKE AND FOLLOW US!



antiochrecreation



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ARTS

AGES 8-13

Anime & Manga Drawing

Practice your sketching skills in a class focused on learning the stylistic features that make this Japanese illustration style so awesome! Bring your favorite drawing supplies, a sketchbook, and your love of anime to class.

Antioch Community Center • Instructor: Abraham Rodriguez

Beginner • Wednesday

#8589	9/1-9/29	4:00PM-5:30PM	\$51R/\$63NR
#8590	10/13-11/17	4:00PM-5:30PM	\$61R/\$73NR
#8591	12/1-12/15	4:00PM-5:30PM	\$31R/\$43NR

Advanced • Wednesday

#8592	9/1-9/29	6:00PM-7:30PM	\$51R/\$63NR
#8593	10/13-11/17	6:00PM-7:30PM	\$61R/\$73NR
#8594	12/1-12/15	6:00PM-7:30PM	\$31R/\$43NR



COYOTE HILLS WINTER CAMP ARCTIC BLIZZARD

Embark on a chilling journey through the Arctic Blizzard at Coyote Hills Winter Day Camp! Overcome icy obstacles, play frozen glacier games and create fun wintry crafts! We'll warm-up with Hot Cocoa Bar creations and enjoy cookie decorating with old and new friends.

#8555 | \$176R/\$188NR
Mon-Thu, December 27-30
8:00AM-3:30PM

AGES 6-12

FROST!
FUN!
MEMORIES!



2ND ANNUAL FALLO-WEEN

Come enjoy a spooky weekend at the 2nd Annual Fall-@-Ween Fest featuring a hay maze, pumpkin patch, scavenger hunt and more. Each child who enters will leave with a pumpkin and bag of candy. This Spooktacular family event is open to all ages.

Thursday & Friday, @ctober 28-29
3:30pm-8:00pm
Antioch Water Park

Saturday, @ctober 30
12:00pm-6:00pm
Antioch Water Park

\$5 per person



Trunk or Treat with the APD

FREE!

HAUNTED HOUSE

OUTDOOR GAMES & ACTIVITIES

GOODY BAGS

INTERACT WITH APD STAFF

10-31-2021
3 P.M.-5 P.M.
ANTIOCH POLICE DEPARTMENT

SPOOKY BLAST!



Antioch Council of Teens

- Meet new people
- Create fun events and activities
- Make a difference in your community

Provide an opportunity for youth to be heard and take action in their community while having fun!

Contact: Tasha Johnson
925.503.7724
tjohnson@antiochca.gov

CITY OF
ANTIOCH
CALIFORNIA

www.antiochca.gov/recreation/council-of-teens

ENGAGING & FUN OPPORTUNITIES FOR MIDDLE & HIGH SCHOOL STUDENTS **COMING THIS FALL...**

Be on the lookout for more information on upcoming youth programs, activities and events that will:

- connect youth to other youth
- foster positive learning experiences
- develop leadership skills

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FITNESS



AGES 16 & UP

Zumba by Karina

Zumba with Karina is a very exciting dance fitness party with an atmosphere full of Latin and International music. You'll forget you're working out with its fun and simple moves. Best of all, you don't need any previous dance experience! Drop-in rate \$15/class. Registration must be completed by noon on the Friday before session start date.

Antioch Community Center • Instructor: Karina Dugand
Monday

#8615	9/13-9/27	7:00PM-8:00PM	\$36R/\$48NR
#8616	10/4-10/25	7:00PM-8:00PM	\$48R/\$60NR
#8617	11/1-11/22	7:00PM-8:00PM	\$48R/\$60NR
#8618	11/29-12/13	7:00PM-8:00PM	\$36R/\$48NR



Opportunity
flows here.

AGES 16 & UP

Tai Chi and Chi Gong

Ancient Chinese slow flowing movements with deep breathing designed to reduce stress, relieve pain, improve memory and balance while generating positive energy for all. No experience needed. (12 to 15 with a parent)

Antioch Community Center • Instructor: Rocky Muir
Thursdays

#8613	9/2-10/7	9:00AM-10:00AM	\$58R/\$70NR
#8614	10/14-12/9*	9:00AM-10:00AM	\$67R/\$79NR

*No class 11/11, 11/25

AGES 16 & UP

Gentle Yoga for All Levels

This gentle yoga class begins with stress relieving relaxation and eases into gentle yoga postures as well as myofascial release. Please bring a yoga mat and towel or pillow to each class. Face protective coverings are required indoors. Social distancing is always required.

Antioch Community Center • Instructor: Lu Kovalick
Thursdays

#8596	9/2-9/23	6:00-7:15PM	\$67R/\$89NR
#8597	10/7-10/28	6:00-7:15PM	\$67R/\$89NR
#8598	11/4-12/16*	6:00-7:15PM	\$84R/\$96NR

*No class 11/11, 11/25



DRIVERS ED

AGES 15-18

Online Drivers Ed for Teens

Are you tired of asking your parent for a ride? Are you at least 15 years old? This is an interactive, online course with videos, animated driving scenarios and sample test questions. Learn the Rules of the road, major causes of traffic collisions, DMV approved Certification of Completion (OL 237). This class is a requirement for teens under 17 ½ years old to obtain a learner permit and driver license. Sign up anytime and class can be completed anytime. Required materials: Internet Access.

Online Class • Instructor Bay Area Driving School

Any Day

#8677	Any Dates	Any Time	\$40R/\$52NR
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PERSONAL GROWTH

AGES 18 & UP

Wills, Trusts and Estate Planning

It's never too late to plan... Learn all you need to know to make sure your family is safe and financially secure during life changes. Topics: Living Trusts, Wills, Durable Powers of Attorney (Living Will), naming a guardian for minor children, joint tenancies, avoiding estate taxes and probate fees. Facial masks and social distancing required.

Antioch Community Center • Randall Thompson

Tuesday

#8595	10/19	7:00-8:30PM	\$27R/\$39NR
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CITY OF ANTIOCH ONLINE COURSES

ALL COURSES
LISTED \$95-\$149*

Are you too busy to attend a class at the Community Center? Our instructor led online courses are informative, fun, convenient, and highly interactive. All courses run for six weeks (with a two week grace period at the end). Courses are project-oriented and include lessons, quizzes, hands-on assignments, discussion areas, supplementary links and more. You can complete any course entirely from your home or office, any time of the day or night. Learn from the comfort of your home!

OVER 300 COURSES AVAILABLE! Below are just a few of the many courses offered:

Introduction to Microsoft Excel 2016	GRE Preparation — Part 1 (Verbal and Analytical)
Accounting Fundamentals	Advanced Microsoft Excel 2016
Speed Spanish	Human Anatomy and Physiology
Discover Sign Language	Spanish for Medical Professionals
Creating Web Pages	Computer Skills for the Workplace
Writing Essentials	GRE Preparation — Part 2 (Quantitative)
Introduction to SQL	
A to Z Grant Writing	
Intermediate Microsoft Excel 2016	
Beginning Writer's Workshop	
Introduction to QuickBooks Online	
Effective Business Writing	
Explore a Career in Medical Coding	
Accounting Fundamentals II	
Medical Terminology: A Word Association Approach	
Stocks, Bonds and Investing, Oh, My!	
Creating WordPress Websites	



www.ed2go.com/antiochrec

ENROLL NOW! Many classes offer Open Registration for self-paced classes!

***Requirements:** All courses require Internet access, e-mail, and web browser. Some courses may have additional requirements. How to Get Started: 1) Visit our Online Instruction Center: www.ed2go.com/antiochrec; 2) Click the Courses link, choose department and course title that you are interested in and select the Enroll Now button. Follow the instructions to enroll and pay for your course. Here you will enter your e-mail and choose a password that will grant you access to the Classroom; 3) When your course starts, return to our Online Instruction Center and click the Classroom link. To begin your studies, simply log in with your e-mail and the password you selected during enrollment.

ANTIOCH LIBRARY HOURS

501 W. 18th Street
925-757-9224
Sun & Mon Closed | Tues 12:00PM-8:00PM
Wed & Thur 10:00AM-6:00PM
Fri & Sat 9:00AM-5:00PM

CONTRA COSTA COUNTY LIBRARY

ccclib.org

PREWETT LIBRARY HOURS

4703 Lone Tree Way
925-776-3060
Tues 10:00AM-7:00PM
Wed & Thu 12:00-8:00PM
Fri & Sat 12:00-5:00PM | Sun & Mon Closed

At the time that this article is being written we are currently offering Grab and Go Service at both the Antioch Library (501 W. 18th Street) and the Prewett Library (4703 Lone Tree Way) locations. Customers may browse for and checkout materials and use computers.

Onsite programming is not yet possible, however we have a variety of virtual programming and resources available via the following sites:

- Antioch Library Facebook Page—www.facebook.com/AntiochPublicLibrary/
- Contra Costa County Facebook Page—www.facebook.com/ccclib/
- YouTube channel—theccclib
- Main library site—www.ccclib.org



Please visit these many locations to be updated on library service changes or call us at 925-757-9224 (Antioch Library) or 925-776-3060 (Prewett Library) and we will help you access the many services and resources we have available. — **Thank you.**

Change Your Life. Learn to Read.

Project Second Chance:
Contra Costa County Library
Adult Literacy Program



Get free basic reading, writing, and spelling help.

- Adults 16 years or older and not in high school
- Confidential
- One-on-one tutoring

Contact us at 925-691-3960 or pssc@library.cccounty.us



Project Second Chance
pssc@library.cccounty.us
(925) 691-3960 | ccclib.org

Bring your own shopping bag

Pack your lunch in reusable containers

Bring your own cup

Carry a reusable water bottle

Store leftovers in glass jars

Skip the plastic produce bags

Slow down and dine in

Use a cloth not a wipe

Say no to disposable straws and cutlery

Living with Less Plastic

SUSTAINABILITY LIVES HERE

www.antiochca.gov/environmental-resources/

ANTIOCH YOUTH SPORTS



Antioch Youth Sports

Antioch Youth Sports classes are designed to get local youth introduced to exercise and healthy lifestyles through sports play. Each class includes drills and structured play to teach fundamentals of each sport to young athletes with a focus on getting active while having fun.

Skills and Drills Basketball Program

The Skills and Drills program is designed to offer Low cost, accessible sports classes with progressive curriculum so that your child can develop their skills as they learn and grow.

AGES 4-6

Little Dribblers

Introduce your child to the sport of basketball. Classes primarily focus on ballhandling, getting players comfortable with dribbling, passing, catching and using pivots. Adjustable hoops will be used with level 1 playing on 6 foot rims and the upper levels progressing in height as needed. Level 2 requires prerequisite of completing Level 1.

Antioch Community Center • Instructor: Antioch Youth Sports staff

Level 1 • Mondays

#8619	9/13-10/4	3:30PM-4:15pm	\$29R/\$41NR
#8620	10/11-11/1	3:30PM-4:15PM	\$29R/\$41NR

Level 1 • Saturdays

#8621	9/11-10/2	9:00AM-9:45AM	\$29R/\$41NR
#8622	10/9-10/30	9:00AM-9:45AM	\$29R/\$41NR

Level 2 • Mondays

#8623	10/11-11/4	4:30PM-5:15PM	\$29R/\$41NR
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Level 2 • Saturdays

#8624	10/9-10/30	9:50AM-10:35AM	\$29R/\$41NR
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AGES 7-9

Jump Shooters

There is only one way to win a game; score more points than the other team! Ballhandling skills are covered but with an added focus on layups, pull ups, and jump shots. Level 2 requires prerequisite of completing Level 1.

Prosserville Park • Instructor: Antioch Youth Sports staff

Level 1 • Mondays

#8625	9/7-9/28	3:45PM-4:30PM	\$29R/\$41NR
#8626	10/5-10/26	3:45PM-4:30PM	\$29R/\$41NR

Level 1 • Saturdays

#8627	9/11-10/2	9:00AM-9:45AM	\$29R/\$41NR
#8628	10/9-10/30	9:00AM-9:45AM	\$29R/\$41NR

Level 2 • Mondays

#8629	10/5-10/26	4:30PM-5:15PM	\$29R/\$41NR
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Level 2 • Saturdays

#8630	10/9-10/30	9:50AM-10:35PM	\$29R/\$41NR
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AGES 10-12

Dunkers

Put your skills to the test! Class is divided into 30 minutes of skill development and 30 minutes of small sided games and scrimmages.

Prosserville Park • Instructor: Antioch Youth Sports staff

Tuesdays

#8631	9/7-9/28	4:30PM-5:15PM	\$29R/\$41NR
#8632	10/5-10/26	5:15PM-6:00PM	\$29R/\$41NR

Saturdays

#8633	9/11-10/2	9:50AM-10:35AM	\$29R/\$41NR
#8634	10/9-10/30	9:50AM-10:35AM	\$29R/\$41NR

SOCCER

AGES 4-6

Little Kickers

Introduce your child to the sport of soccer. Classes primarily focus on ballhandling, getting players comfortable with dribbling, passing and introducing juggling. Small pug goals will be used for drills and games. Level 2 requires prerequisite of completing Level 1.

Instructor: Antioch Youth Sports staff

Level 1 • Prosserville Park • Wednesdays

#8636	9/8-9/29	3:30PM-4:15PM	\$29R/\$41NR
#8637	10/6-10/27	3:30PM-4:15PM	\$29R/\$41NR

Level 2 • Prosserville Park • Thursdays

#8639	10/7-10/28	3:30PM-4:15PM	\$29R/\$41NR
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Level 1 • Diablo West Park • Saturdays

#8640	9/11-10/2	10:15AM-11:00AM	\$29R/\$41NR
#8642	10/9-10/30	11:00AM-11:45AM	\$29R/\$41NR

Level 2 • Diablo West Park • Saturdays

#8643	10/9-10/30	11:50AM-12:35PM	\$29R/\$41NR
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AGES 7-9

Sweepers

In this class players will continue to develop their ball skills. Defensive skills and tactics will be added for each young athlete to grow as all around soccer players. Level 2 requires prerequisite of completing Level 1.

Instructor: Antioch Youth Sports staff

Level 1 • Prosserville Park • Wednesdays

#8650	9/8-9/29	4:15PM-5:00PM	\$29R/\$41NR
#8651	10/6-10/27	4:15PM-5:00PM	\$29R/\$41NR

Level 1 • Saturdays

#8652	9/11-10/2	10:40AM-11:25AM	\$29R/\$41NR
#8653	10/9-10/30	10:40AM-11:25AM	\$29R/\$41NR

Level 2 • Thursdays

#8654	10/7-10/28	4:15PM-5:00PM	\$29R/\$41NR
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Level 2 • Saturdays

#8655	10/9-10/30	9:50AM-10:35AM	\$29R/\$41NR
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AGES 10-12

Strikers

Put your skills to the test! Class is divided into 30 minutes of skill development and 30 minutes of small sided games and scrimmages.

Prosserville Park • Instructor: Antioch Youth Sports staff

Level 1 • Prosserville Park • Wednesdays

#8656	9/8-9/29	5:00PM-5:45PM	\$29R/\$41NR
#8657	10/6-10/27	5:00PM-5:45PM	\$29R/\$41NR

Level 1 • Saturdays

#8658	9/11-10/2	11:30AM-12:15PM	\$29R/\$41NR
#8659	10/9-10/30	11:30AM-12:15PM	\$29R/\$41NR

Opportunity
plays here.

TENNIS

AGES 6 & UP

Family Tennis—Beginner/Intermediate

Progressive curriculum is designed for the beginning and intermediate tennis players. Family Tennis can include children with their parents or relatives to learn with young players. Learn and develop strokes, skills, movement, eye-hand coordination, racket control and play games.

Chichibu Park Tennis Courts • Zonia Alston

Tuesdays • 6-12 Years

#8660	9/7-9/28	6:00PM–6:50PM	\$64/\$76NR
#8663	10/5-10/26	6:00PM–6:50PM	\$64/\$76NR
Tuesdays • 13 Years & Up			
#8661	9/7-9/28	7:00PM–7:50PM	\$64/\$76NR
#8664	10/5-10/26	7:00PM–7:50PM	\$64/\$76NR

ADULT LEAGUES

Antioch Bocce Federation

The Antioch Bocce League runs weeknights April-October each year. All games are played at the Antioch Bocce courts inside Chichibu Park. Seasons consists of fun bocce competition with the backdrop of summer breezes and beautiful sunsets. Teams are comprised of between 6-10 players, interested players can start their own team or join a current team.

For more information email: antiochboccefederation@gmail.com

Introduction to Bocce Lessons

The Antioch Bocce Federation is offering free intro to Bocce lessons. Interested players are invited to join the federation out at the courts to learn the game or touch up their skills. Classes take place September 14th, 15th, 21st and 22nd from 6PM–7:30PM. No pre-registration required.

WINTER BOCCE

Winter bocce is played indoors at the County Fairgrounds. Season starts in November.

For more information contact Joe Roman at 925-757-4170

AGES 13 & UP

Tennis Mixer—Intermediate/Advanced

Class sessions include Games, strategy and matches for intermediate to advanced players.

Chichibu Park Tennis Courts • Zonia Alston

Tuesdays

#8662	9/7-9/28	8:00PM–9:00PM	\$64R/\$76NR
#8665	10/5-10/26	8:00PM–9:00PM	\$64R/\$76NR



YOUTH LEAGUES

Antioch Junior Warriors Basketball League

The Antioch Junior Warriors Basketball League encourages skill development through fundamental instruction, sportsmanship, physical fitness, and fun. Each week consists of a one-hour practice and a game on Saturdays for grades 1-8. The Kindergarten League consists of a 30-minute practice followed by a 30-minute scrimmage on Saturday mornings. This noncompetitive league runs from 1/8/21 through 2/26/22. Teams are coached by volunteers and games are officiated by Recreation Staff members. All divisions are Co-ed and are offered for children in grades K-8. Each child receives a Golden State Warriors reversible jersey. *Volunteer coaches are needed, each coach receives a 50% registration discount on one player.* Contact Troy Faulk at tfaulk@antiochca.gov, for more information.



Deadline to register: 11/5 | Practices Begin: Week of 12/13

FEES: Kindergarten: \$79R/\$91NR | Grades 1-8: \$114R/\$126NR

Kindergarten	Grades 1-2	Grades 3-4	Grades 5-6	Grades 7-8
#8809	#8805	#8806	#8807	#8808

Mandatory Evaluation Schedule—November 6:

Grades 1-2	Grades 3-4	Grades 5-6	Grades 7-8
1:00PM	2:15PM	3:30PM	4:45PM

AMERICAN RED CROSS SWIMMING AND WATER SAFETY

The American Red Cross offers a comprehensive and developmentally appropriate swim program that teaches you, your child, and other family members how to swim safe and skillfully. The prerequisite for each level is the successful demonstration of skills from the preceding level except for Level 1, which does not have a prerequisite. **All classes held at the Antioch Water Park and taught by Aquatics Staff.**

SWIM LESSONS

AGES 6 MONTHS-3 YEARS

Parent and Child Aquatics

Participants will learn how to work safely and effectively in the water with an infant or toddler. Basic water safety skills will be covered. This program emphasizes fun and enjoyment for both parent and child. An adult must accompany each child.

Parent and Child Aquatics 6 Months-3 Years			
Session: Day Time Fees	Session 1 8/3-8/26	Session 2 8/31-9/23	Session 3 9/28-10/21
Tu/Th 5:00PM \$101R/\$113NR	#8681	#8682	#8683

Session: Day Time Fees	Session 1 9/4-9/25	Session 2 10/2-10/23
Sa 10:00AM \$51R/\$63NR	#8679	#8680



AGES 3-5

Pre-School Aquatics

Program will begin with introducing children to the aquatic environment and instill basic skills such as submerging, floating, and opening eyes underwater. By the conclusion of the program participants will gain basic swimming propulsive skills such as back float to gliding, jellyfish and tuck floats, and combined arm/leg actions. Levels 1, 2 and 3 offered.

Pre-School Aquatics 3-5 Years					
Day Date Fees	Level 1	Level 1	Level 2	Level 2	Level 3
Tu/Th 8/3-8/26 \$208R/\$220NR	#8684 3:30PM	#8685 4:00PM	#8686 4:30PM	#8687 5:00PM	#8688 5:30PM
Tu/Th 8/31-9/23 \$208R/\$220NR	#8689 3:30PM	#8690 4:00PM	#8691 4:30PM	#8692 5:00PM	#8693 5:30PM
Tu/Th 9/28-10/21 \$208R/\$220NR	#8694 3:30PM	#8695 4:00PM	#8696 4:30PM	#8697 5:00PM	#8698 5:30PM

Day Date Fees	Level 1	Level 1	Level 2	Level 2	Level 3	Level 3
Sat 9/4-9/25 \$51R/\$63NR	#8699 8:30AM	#8700 9:00AM	#8701 9:30AM	#8702 10:00AM	#8703 10:30AM	#8704 11:00AM
Sat 10/2-10/23 \$51R/\$63NR	#8705 8:30AM	#8706 9:00AM	#8707 9:30AM	#8708 10:00AM	#8709 10:30AM	#8710 11:00AM

AGES 15 & UP

Adult Swim Lessons

This course is designed to help participants gain basic aquatic skills and swimming strokes, work on fitness, and/or improve swimming techniques. Working with an instructor teens and adults will learn skills and concepts needed to stay safe in and around water and improve their swimming abilities.

Adult Swim Lessons 16 YRS & UP		
Class: Day Date Fee	Learning the Basics 8:30AM	Stroke Improvement 9:00AM
Sa 9/4-9/25 \$51R/\$63NR	#8740	#8741
Sa 10/2-10/23 \$51R/\$63NR	#8742	#8743

AGES 6-14

Youth Swim Lessons

This comprehensive and progressive program will take students from beginning to swim to learning different stroke techniques and having confidence in their open water swimming abilities. Classes will begin with honing fundamental water skills before moving on to stroke development, improvement, and refinement before finishing with fitness swimming and endurance training.

Youth Swim Lessons 6-14 Years					
Day Date Fees	Level 1	Level 1	Level 2	Level 2	Level 3
Tu/Th 8/3-8/26 \$101R/\$113NR	#8711 3:30PM	#8712 4:00PM	#8713 4:30PM	#8714 5:00PM	#8715 5:30PM
Tu/Th 8/31-9/23 \$101R/\$113NR	#8716 3:30PM	#8717 4:00PM	#8718 4:30PM	#8719 5:00PM	#8720 5:30PM
Tu/Th 9/28-10/21 \$101R/\$113NR	#8721 3:30PM	#8722 4:00PM	#8723 4:30PM	#8724 5:00PM	#8725 5:30PM

Day Date Fees	Level 1	Level 1	Level 2	Level 2	Level 3	Level 3	Level 4
Sat 9/4-9/25 \$51R/\$63NR	#8726 8:30AM	#8727 9:00AM	#8728 9:30AM	#8729 10:00AM	#8730 10:30AM	#8731 11:00AM	#8732 11:30AM
Sat 10/2-10/23 \$51R/\$63NR	#8733 8:30AM	#8734 9:00AM	#8735 9:30AM	#8736 10:00AM	#8737 10:30AM	#8738 11:00AM	#8739 11:30AM

AGES 6-14

Private Swim Lessons

Private Lessons are 30 minutes of one-on-one instruction. Lessons are customized to meet the specific needs of each student.

Private Lessons 4 Years & Up					
Day Date Fees	3:30PM	4:00PM	4:30PM	5:00PM	5:30PM
Tu/Th 8/3-8/26 \$208R/\$220NR	#8744 #8745	#8746 #8747	#8748 #8749	#8750	#8751 #8752
Tu/Th 8/31-9/23 \$208R/\$220NR	#8753 #8754	#8755 #8756	#8757 #8758	#8759	#8760 #8761
Tu/Th 9/28-10/21 \$208R/\$220NR	#8762 #8763	#8764 #8765	#8766 #8767	#8768	#8769 #8770

Day Date Fees	8:30AM	9:00AM	9:30AM	10:00AM	10:30AM	11:00AM	11:30AM
Sa 9/4-9/25 \$104R/\$116NR	#8771	#8772	#8773 #8774	#8775	#8776 #8777	#8778 #8779	#8780 #8781 #8782
Sa 10/2-10/23 \$104R/\$116NR	#8783	#8784	#8785 #8786	#8787	#8788 #8789	#8790 #8791	#8792 #8793 #8794

FITNESS

AGES 12 & UP

Lap Swim

Lap swim is offered in 60-minute sessions for swimmers 12 years and older. 6 lanes available. \$11 drop in available during Fall.

Antioch Water Park Lap Pool

Tuesday/Thursday

8/3-10/28	5:15PM	\$11 per visit
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Saturday

8/7-10/23	8:30AM	\$11 per visit
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AGES 16 & UP

Water Aerobics

The ultimate in low impact aerobics. Classes accommodate all fitness levels with emphasis on cardio, muscle toning and fun. No swimming skills required. \$10 drop in available during Fall sessions.

Antioch Water Park Lap Pool • Instructor Cindy Pang

Tuesday/Thursday

#8795	8/24-9/23	6:30PM-7:30PM	\$74R/\$86NR
#8796	9/28-10/28	6:30PM-7:30PM	\$74R/\$86NR

Saturday

#8797	9/4-9/25	9:45AM-10:45AM	\$30R/\$42NR
#8798	10/2-10/23	9:45AM-10:45AM	\$30R/\$42NR



THE ANTIOCH SENIOR CENTER

The Antioch Senior Center is excited to welcome you back! The Senior Center is open to adults 50 years of age and over. It is an ideal destination for resources, classes, friendships and hot meals. Visit the Antioch Senior Center at 415 W. 2nd St. or call (925) 778-1158 for more information.

SENIOR SERVICES

Café Costa

Café Costa (formerly known as CoCo Cafe) is open to adults 50+. Meals served daily at 11:30am. All meals served at the Antioch Senior Center are low-sodium and low-fat. You are required to register prior to starting the nutrition program. Suggested donations: \$3 for 60+. Mandatory: \$5 fee for under 60. For meal reservations call (925) 757-7325. Reservations must be made by 11:15am the business day prior. Meal delivery available upon request. Hot nutritious lunches provided daily by Contra Costa County.



Paratransit transportation includes two programs. ADA Paratransit transportation and Senior (age 65+) Paratransit transportation. To book a ride, call (925) 754-3060.

50 YEARS & UP

Care Management—A Care Manager offers free consultation regarding mortgage default, credit, tenant/landlord disputes, emergency food. Referrals are also provided for senior needs including gerontology, social work, counseling, etc.

Care Manager: Rosa Loya

Tuesdays, by appointment only

10:00AM-2:00PM

Health Insurance HiCAP (Health Insurance Counseling and Advocacy Program) is a free and unbiased community education, individual counseling, and advocacy to Medicare beneficiaries about Medicare, Supplemental Insurance, Prescription Drugs and Medicare Advantage plans, Long Term Care Insurance, Medicare Appeals, and Low-Income Assistance programs.

1st & 3rd Tuesday of every month, by appointment only

1:00PM-4:00PM

Legal Assistance—Free legal services to improve the quality of life for clients by assisting with the preservation of housing, prevention of abuse, and planning for incapacity. Appointments must be made in advance.

Wills: To utilize this free service you must be 60 years or older. You also cannot own a home or have an existing will or trust.

Provider: Matthew Hart, JD

3rd Monday of each month, by appointment only

10:00AM-12:00PM

Provider: Nataly Dicortasso

2nd Monday of each month, by appointment only

8:30AM-12:30PM

ADDITIONAL RESOURCES

Front Door Library Service—Librarians help in selecting a book or create a reading list based on your interests. 925-427-8543

Senior Legal Services—925-609-7900

Tri-Delta Transit—ADA Paratransit transportation is for individuals with disabilities who cannot independently use fixed route Tri Delta Transit bus service some of the time or all the time. Trips must be prearranged. All Tri Delta Transit buses are accessible, and many individuals with disabilities can use the fixed route bus service. However, if you are unable to use fixed route transportation for some of all your trips, you may be eligible for ADA Paratransit transportation. If you're not sure whether you're able to use the fixed route bus, call Tri Delta Transit at (925) 754-6622. Tri Delta Transit's

Activity Fee Assistance for Older Adults

Applications are available at www.antiochca.gov/recreation/senior-center and at the Antioch Senior Center for residents of Antioch.

Activity Fee Assistance for adults 50+.

FEE ASSISTANCE FOR OLDER ADULTS AND SENIOR IS COORDINATED BY THE ANTIOCH RECREATION DEPARTMENT. FUNDING PROVIDED BY THE ANTIOCH COMMUNITY FOUNDATION. FUNDS ARE LIMITED, PLEASE APPLY EARLY.

CITY OF
ANTIOCH
CALIFORNIA

ARTS

AGES 50 & UP

Painting by the River

If you enjoy painting or being creative, you know of the benefits the creative process has therapeutically. Creativity helps improve our physical, mental and psychological wellbeing. When seniors are guided through the creative process, the benefits increase substantially.



Antioch Senior Center • Instructor: Easy Gonzales

Monday/Thursday

#8600	9/9-12/18*	10:00AM-1:00PM	FREE
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*No class 11/11, 11/25

FITNESS

AGES 50 & UP

Water Aerobics

The ultimate in low impact aerobics. Classes accommodate all fitness levels with emphasis on cardio, muscle toning, and fun. No swimming skills required. Class space is limited to ensure proper social distancing.

Antioch Water Park Lap Pool • Instructor: Cindy Pang

Tuesday/Thursday

#8601	8/24-9/23	6:30PM-7:30PM	\$45R/\$57NR
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Saturday

#8602	9/4-9/25	9:45AM-10:45AM	\$20R/\$32NR
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#8603	10/2-10/23	9:45AM-10:45AM	\$20R/\$32NR
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AGES 50 & UP

Tai Chi

Ancient Chinese slow meditative and flowing movements with deep breathing designed to reduce stress, relieve pain, improve memory and balance while generating positive energy for all. No experience needed.

Prosserville Park • Instructor: Siobhan Stuart

Monday/Wednesday

#8599	9/8-10/27	9:00AM-10:00AM	\$65R/\$77NR
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PERSONAL GROWTH

AGES 50 & UP

Bring Courage. Find Trust: Creative Writing Workshop

Participants will be introduced to introspection, the ability to not only look deeply at outward organic relationships but the happenings that are taking place inwardly. Published author, writer and blogger Debbie Weiss leads the participants how to craft work they could be proud of; exploring the basics of creative writing and journalism, poetic forms, and how to use figurative language and literary devices to shake up and strengthen and begin to hear their inner voice. Classes are free and open to all levels of writers!

Antioch Senior Center • Instructor: Debbie Weiss

Fridays (bi-weekly)

#8678	10/8-12/17*	1:45PM-3:45PM	FREE
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*No class 11/26



WEEKLY ACTIVITIES

MONDAY

8:30am-3:30pm	Billiards
9:00am-10:00am	Tai Chi
10:00am-1:00pm	Painting Class
1:30pm-3:30pm	Movie Madness

TUESDAY

8:30am-3:30pm	Billiards
10:00am-1:00pm	Social Arts & Crafts
10:00am-11:00am	Ukulele
1:00pm-3:00pm	Bingo
6:30pm-7:30pm	Water Aerobics

WEDNESDAY

8:30am-3:30pm	Billiards
9:00am-10:00am	Tai Chi
10:00am-11:00am	Hula Dance

THURSDAY

8:30am-3:30pm	Billiards
9:30am-11:00am	Line Dance
10:00am-1:00pm	Painting Class
1:00pm-3:00pm	Bingo
6:30pm-7:30pm	Water Aerobics

FRIDAY

8:30am-3:30pm	Billiards
10:00am-1:00pm	Social Arts & Crafts
1:45pm-3:45pm	Creative Writing Workshop

SATURDAY

9:45am-10:45am	Water Aerobics
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ANTIOCH SENIOR CENTER CALENDAR OF EVENTS

September–December 2021

Resource Fair

The City of Antioch will be hosting the Antioch Senior Resource fair on **Thursday, November 4, 10am–2pm**. Receive vital information to enhance and support your daily living, health, and leisure interests. Will have on-site vision exams, BP checks, and more. Representatives from community resources that provide services to older adults will be on hand to answer questions and provide information.

Scream for Ice Cream

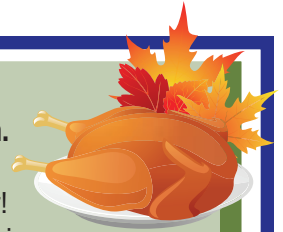
Friday, October 29, 12pm–3pm. All spooky monsters are invited to do the mash! Join us for a costume contest and a hauntingly good time! A free food giveaway from the Contra Costa Food Bank is included!



Ready, Set, GObble!

Friday, November 19, 11am–1pm.

Let's gather and be grateful to be together and for surviving this year! On this day, we will have Thanksgiving lunch with all our friends! Leave the event with the fixings for a traditional Thanksgiving meal to prepare at home!



Holiday Happenings

Friday, December 17, 10am–1pm.

In collaboration with the East County Senior Coalition, we are excited to bring our Christmas Celebration back! Join us for some fun activities and holiday cheer! A free food giveaway from the Contra Costa Food Bank is included!

Call (925) 778-1158 for additional information.

SMARTPHONE TRAINING

Learn how to:

- Operate basic functions
- Send text messages
- Make text larger
- Connect Bluetooth Devices
- ...and more!

Attend a FREE online training and make your smartphone work better for you!

For more information, call 1-866-271-1540
or e-mail smartphonetraining@ddtp.org

Official State of California Program

FREE HICAP COUNSELING

ASSISTANCE FOR MEDICARE BENEFICIARIES AND THEIR FAMILIES



Contra Costa HICAP (Health Insurance Counseling and Advocacy Program) provides free and objective counseling and advocacy services to Contra Costa Medicare Beneficiaries who need assistance with Medicare enrollment and issues involving Medicare and associated insurance programs (including prescription drug coverage). HICAP currently offers scheduled one-on-one phone or Zoom appointments with registered counselors and monthly virtual welcome to Medicare classes.



For more information, call
(925) 655-1393
or visit www.cchicap.org



NICK RODRIGUEZ COMMUNITY CENTER

The perfect place to hold your event

MULTI-USE ROOM CAPACITY 220

Mon-Sun \$115/hr • Special 10-Hour Rate \$1,035

ARTS & CRAFTS ROOM CAPACITY 35

Mon-Sun \$56/hr • Sink, microwave, refrigerator

CONFERENCE ROOM CAPACITY 30

Mon-Sun \$56/hr

PHYSICAL FITNESS ROOM CAPACITY 25

Mon-Sun \$56/hr • Mirrors and ballet bar

THEATER CAPACITY 190

May require Technician \$55/hr

Mon-Sun \$115/hr

213 F Street, Antioch 94509 • (925) 776-3050 • www.antiochca.gov

**BOOK YOUR
NEXT EVENT
TODAY!**

**JOIN THE
CLEANER CONTRA COSTA CHALLENGE
TO CREATE A CLEANER,
HEALTHIER COMMUNITY
AND SAVE MONEY!
www.cleanercontracosta.org**



**Got junk and looking
to get rid of it?**

*The City of Antioch and
Republic Services have many
ways to help you reduce illegal
dumping and blight in the city.*



Every year, residential garbage customers received 2 large item pickups, 2 extra garbage bag pick ups and 3 extra recycling pickups. Call Customer Service at (925) 685-4711 to schedule your appointments. Code Enforcement partners with Republic Services to offer Neighborhood Cleanups throughout the year. These

weekend events are great opportunities to properly dispose of your household items. Keep an eye out in your mail box to see if your neighborhood has a Cleanup coming to you.

Looking for reuse and recycling options? Check out www.recyclewhere.org



**THE PERFECT PLACE FOR SPORTS
TOURNAMENTS AND PRACTICES!**

ANTIOCH RECREATION SPORTS FACILITIES

Athletic rental fees begin at \$10 per hour

*The City of Antioch offers a variety of
Sports Facility Rentals for team practices,
league and tournament play, recreational
use, events, and more.*

FACILITY HIGHLIGHTS

Antioch Community Park
James Donlon Blvd. & Blythe Drive
3 lit grass softball fields
2 lit turf soccer fields

Antioch Community Center
4703 Lone Tree Way
1 full basketball court

Antioch City Park
Corner of 10th Street & A Street
1 lit grass soccer field

SOCCER FIELDS – SOFTBALL FIELDS BASKETBALL COURT – PARK SPACE

Interested user groups can begin the reservation
process by contacting recreation staff at
tfaulk@antiochca.gov or call (925) 776-3050

ANTIOCH
CALIFORNIA
OPPORTUNITY LIVES HERE

COME RIDE AT THE **ANTIOCH SKATE PARK** LOCATED IN PREWETT COMMUNITY PARK!

This 15,000 square-foot concrete skate park has amazing features for all ages, styles, abilities and experience levels. It is an open concept with a variety of ledges, rails, stairs, ramps, and a backyard pool style bowl. Beginning skaters can practice their skills and experienced riders can up their game.

Antioch's Skate Park is a great place for kids and young adults to burn some energy, have fun, and enjoy the sunshine. It also gives youth a positive and healthy hobby that keeps them active for hours.

ANTIOCH
CALIFORNIA
OPPORTUNITY LIVES HERE



Skaters must follow Antioch Skate Park Municipal Code ordinances:

- Skateboards and roller skates **ONLY**.
- Helmets, knee pads, elbow pads **REQUIRED**.
- Open dawn to dusk every day.
- Users must be aware of other skaters at all times.
- All ages welcome and abilities welcome.
- Free for drop-in use, fees may be charged for programs or events.
- Home-made items added to the park are **NOT ALLOWED**.

2021 EVENTS
ENJOY THE RIVERTOWN EXPERIENCE

Rivertown

ANTIQUE SHOPS • RETAIL • RESTAURANTS • SERVICES • EVENTS

Aug 14th	Rivertown Art & Wine Walk
Aug 28th	Hot August Cruise Night/Dance Party
Sep 11th	Rivertown Peddler's Faire
Oct 2nd	Fall Fest/BBQ Cook-Off
Oct 30th	Rivertown Trick or Treat Event
Nov 11th	Veterans Day Parade
Nov 27th	Shop Small Business Saturday
Dec 4th	Holiday Delites Festivities/Christmas Parade
Dec 11th	Rivertown Customer Appreciation Day

FOR EVENT INFORMATION: CELEBRATEANTIOCH.ORG
BROUGHT TO YOU BY RIVERTOWN MERCHANTS, CELEBRATE ANTIOCH FOUNDATION, CITY OF ANTIOCH.
DUE TO COVID, EVENTS SUBJECT TO CHANGE. SEE WEBSITE FOR DETAILS

Come out and discover the
**new, improved Antioch
Disc Golf Course!**

The Other Golf — **Disc Golf!**

Antioch boasts a disc golf course with the best views and wide-open spaces for all levels of play, whether you are a first-time or seasoned player. Located in Prewett

Community Park, the 9-hole disc golf course was designed and installed by a dedicated group of players that wanted to give others the opportunity to play. If you can fling a "frisbee" you can play disc golf. There is no fee to drop in and play, give it a try!



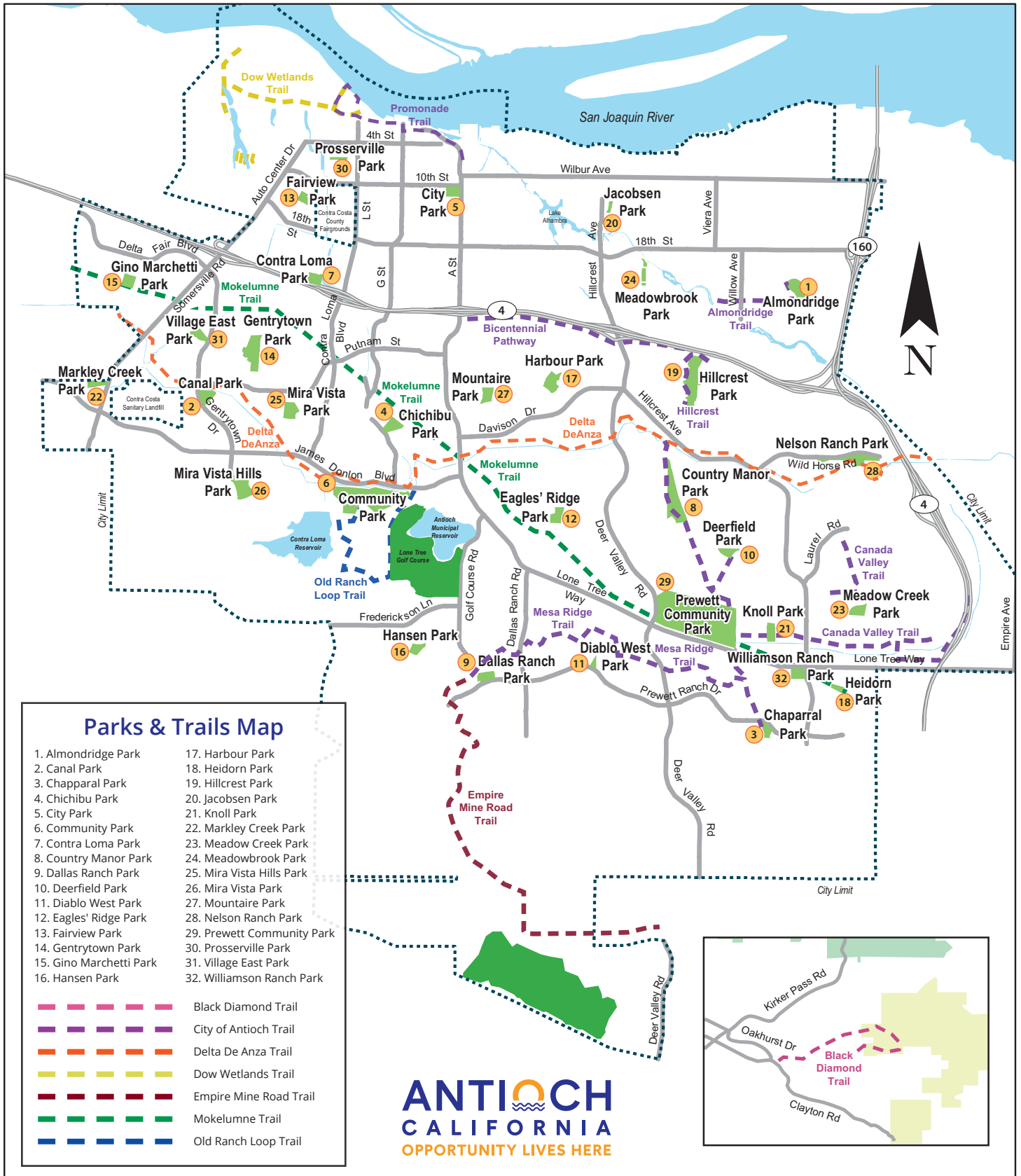
Parks, Places, & Spaces to Get Active in Antioch

TYPE OF PARK FACILITY

N = Neighborhood
C = Community
UC = Under Construction
O = Open Space



PARK NAME	LOCATION	TYPE	SIZE (ACRES)	Park Barbecue Pits	Baseball Field(s)	Basketball Court(s)	Exercise Course	Group Picnic	Horseshoes	Picnic Tables	Restroom(s)	Soccer Field(s)	Softball Field(s)	Tennis Courts	Tot Play Area	Turf/Landscaping	Volleyball/Sport	Youth Play Area	Trails/Open Space	Dog Park
Almondridge Park	3400 Almondridge Drive	N	8.6	•						•	•	•	•	•	•	•		•		
Antioch Community Park	801 James Donlon Boulevard	C	42.8	•				•	•	•	•	•			•	•		•	•	
Canal Park	3100 Gentrytown Drive	N	4.8	•						•	•				•	•		•	•	
Chaparral Park	Prewett Ranch Dr. & Candlewood Wy.	N	4	•		•				•					•	•		•	•	
Chichibu Park	3200 Longview Road	N	6.3	•				•	•	•	•	•		•	•	•		•		
City Park	1000 A Street	N	5					•		•	•	•			•	•		•		
Contra Loma Estates Park	2800 Mahogany Way	N	5			•						•			•	•		•		
Country Manor Park	2800 Asilomar Drive	N	21	•						•	•	•	•		•	•		•		
Dallas Ranch Park	1137 Prewett Ranch Drive	N	5	•		•				•	•				•	•	•	•	•	
Deerfield Mini Park	4700 Deerfield Drive	N	3.95	•						•						•		•	•	
Diablo West Park	2000 Prewett Ranch Drive	N	4.16	•		•				•	•		•		•	•		•	•	
Eagles' Ridge Park	4200 Eagleridge Drive	N	5.4	•						•	•		•		•	•		•		
Fairview Park	1100 Crestview Drive	N	3			•		•		•						•		•		
Gentrytown Park	2800 Carmona Way	N	14	•	•					•	•				•	•		•	•	
Hansen Park	5099 Hansen Drive	N	5	•		•		•		•	•	•			•	•		•	•	
Harbour Park	2900 Ashburton Drive	N	7.9	•				•		•	•		•	•	•	•		•		
Heidorn Park	5100 Vista Grande Drive	N	3	•						•	•	•			•	•		•	•	
Hillcrest Park	1300 Larkspur Drive	N	18	•		•				•	•			•	•	•		•	•	
Jacobsen Park	1600 Jacobsen Street	N	1.3			•				•		•			•	•		•		
Knoll Park	5000 Country Hills Drive	N	5	•				•	•	•	•				•	•		•		
Marchetti Park	2500 Kendree Street	N	5	•	•					•	•		•	•	•	•		•	•	
Markley Creek Park	3301 Summit Way	N	4.06	•						•	•	•			•	•		•	•	•
Meadowbrook Park	1300 Yellowstone Drive	N	2.9	•		•				•					•	•	•	•		
Meadow Creek Park	4707 Vista Grande Drive	N	5	•		•				•	•	•			•	•		•		
Mira Vista Park	3000 S Francisco Way	N	6.8	•				•		•	•		•		•	•		•		
Mira Vista Hills Park	2000 Silverado Drive	N	9.2	•		•			•	•	•	•	•	•	•	•		•		
Mountaire Park	2600 Sunset Lane	N	5.1					•		•	•	•			•	•		•		
Nelson Ranch Park	4700 Wildhorse Road	N	9.5	•		•				•	•	•			•	•		•	•	
Prewett Community Park	Deer Valley Rd. & Lone Tree Wy.	C	99.0	•				•		•	•				•	•		•	•	
Prosserville Park	1400 W 6th Street	N	1.6	•		•				•								•		
Sunnyridge Park	James Donlon Boulevard & G Street	O	5.3	OPEN SPACE																
Village East	2700 Gentrytown Drive	N	3.77	•						•					•			•	•	
Williamson Ranch Park	5000 Lone Tree Way	N	5	•				•		•	•	•			•	•		•		
Waldie Plaza	Historic Downtown Antioch	C						•								•			•	
*Memorial Field	Off Putnam St.			*Collaborated site with Antioch Unified School District, only accessible weekdays after 3pm																



IT'S EASY TO REGISTER!

Pre-registration is required and is on a first-come, first-serve basis for participation in programs. In the event of a full class, your name will be placed on a waiting list. Please note: we do not accept registration or payment over the phone or by fax.



ONLINE: AUGUST 16, 2021

activenet.active.com/antiochrecreation

- 1 Register online for most of our classes and activities
- 2 Make secure, safe online payments with Visa, MasterCard, Discover or American Express.

it's quick, easy and ready when you are!

REFUNDS/TRANSFERS

The City of Antioch will be happy to arrange a transfer to another class/activity or arrange a refund. Customer requested refunds or transfers may be requested in writing NO LATER THAN 5 business days prior to the first day of class. All refunds are subject to a \$7 service charge per activity unless class/activity is canceled by the City of Antioch Recreation Department. You will receive an e-mail confirmation if your refund/transfer is approved. Refund policies may be different for swim lessons.

CANCELLATIONS

The City has the right to cancel classes when enrollments have not reached their minimum. Please register early and help us to prevent class cancellations.

We don't like to cancel classes, but sometimes it is necessary before the first meeting when enrollments are low. Your registration might be the one that enables the class to be held.

FEE FOR LATE PICK-UP

Parents agree to pick up their children by or before the scheduled release time. A late fee of \$5 per 5-minute interval PER CHILD will be charged. Late fees are payable to the City of Antioch.

ONLINE REGISTRATION:

Visit our registration website at activenet.active.com/antiochrecreation

INFORMATION: (925) 776-3050



WALK-IN: AUGUST 16, 2021

Mon.-Fri. from 8:30AM-5:00PM.

Antioch Community Center

4703 Lone Tree Way, Antioch, CA 94531

- 1 Walk-in registration with over-the-counter confirmation. Cash, check, and credit cards are accepted.
- 2 Drop Box—for your convenience, if paying by check, you can drop your Registration Form at our outdoor drop box located at 4703 Lone Tree Way.
- 3 Checks are made payable to the City of Antioch and must be pre-printed with customer information.

Please note that we have eliminated online convenience fees!



REGISTER EARLY—DON'T MISS OUT!

Many classes fill early. Fees must be paid in full at the time of registration. Classes are subject to cancellation if participant minimum is not reached.

YOUTH SCHOLARSHIP/FEE ASSISTANCE PROGRAM

Financial assistance may be available through our Youth Activity Scholarships. Funding is provided by donations and the Antioch Community Foundation, a 501(c)(3) organization. Information and applications are available at antiochca.gov/recreation/ and at the Antioch Community Center, 4703 Lone Tree Way, Monday–Friday, 8:30am–5pm. For more information, call 776-3050.

ACTIVITY REGISTRATION FORM

CITY OF ANTIOCH
Recreation Department
4703 Lone Tree Way
Antioch, CA 94531
(925) 776-3050

Refund Policy—Please Read!

The City of Antioch will be happy to arrange a transfer to another class/activity or arrange a refund. Customer requested refunds or transfers may be requested in writing NO LATER THAN 5 business days prior to the first day of class. All refunds are subject to a \$7 service charge per activity unless class/activity is canceled by the City of Antioch Recreation Department. You will receive an email confirmation if your refund/transfer is approved. Refund policies may be different for swim lessons. Registrations made less than 5 business days prior to the beginning of the first class will not be subject to refunds.

You may also register with your credit card at activenet.active.com/antiochrecreation



No Cash in Drop Box Please
Faxed Registration Forms Are Not Accepted

REGISTRATION FORM (Limited to Family Members Only)

Adult Information (Please Print)

☐ Antioch Resident ☐ Non-Resident

First Name _____ Last Name _____ Date of Birth ____/____/____

Address _____ City _____ Zip _____

Phone 1 _____ Phone 2 _____ E-Mail _____

Emergency Contact _____ Relationship _____ Phone _____

Participant Name	Date of Birth	Gender	Activity #	Activity Name	Class Start Date	Fee
Fee Assistance Program Donation: Funds youth in need to participate in classes and activities. MY DONATION AMOUNT IS:						\$
Please note: Personal checks being used for payment must be pre-printed with customer information. TOTAL FEES:						\$

☐ Check if participant has Special Needs requiring special accommodations

ASSUMPTION OF RISK, RELEASE, HOLD HARMLESS AND CONSENT TO MEDICAL TREATMENT AND PHOTOS.

On behalf of myself and any minor child named above, I acknowledge that I am (minor is) in good physical condition to participate in the activity but that accidents and injuries can arise from such participation. Knowing these risks and in consideration of acceptance of my application, I voluntarily desire to participate (have minor participate) in this activity and assume all risks and waive and release City and its officers, employees and agents from any claims or liability for personal injury (including death) or property damage arising from or connected with participation in the activity, even if the liability may arise out of negligence or carelessness of the City or its officers, employees and agents. I further agree to hold harmless, indemnify and defend the City and its officers, employees and agents, who through negligence or carelessness might otherwise be liable to me (or my heirs or assigns). In the event of injury or illness, I consent to and agree to be responsible for costs for transportation to a medical facility and whatever examination, procedure or treatment considered necessary by the medical personnel. This assumption of risk, release and hold harmless is binding on my heirs, dependents, executors, administrators, and assigns. I agree to abide by any rules and regulations for the activity. I give consent to the City of Antioch to photograph or video the participant for any legitimate purpose by the City or sponsors of this activity.

Signature: _____ Date: ____/____/____

FORM MUST BE SIGNED TO PROCESS APPLICATION

ONLINE REGISTRATION

activenet.active.com/antiochrecreation

You're First In Line—It's Easy!

- Set up your personal account
- Search for your favorite activities
- Register online with our secure system

Easy

Three simple steps and you'll be enrolled in the program of your choice.

Convenient

The flexibility to register and pay at your convenience, anytime, from anywhere.

Time-Saving

In less than five minutes, you can set-up your account and enroll for your program.

Eco-Friendly

You don't have to burn gas to drive over to register in person, and it saves paper, too.

COMMUNITY ORGANIZATIONS

Antioch Bocce Federation	757-4170
Antioch Delta Skimmers	326-7744
Antioch Historical Society	757-1326
Antioch Little League	437-3551
Antioch Youth Sports Complex	478-1464
Big Break Regional Shoreline	510-544-3050
Black Diamond Mines	510-544-2750
Boy Scouts of America	674-6100
Chamber of Commerce	757-1800
Contra Costa Child Care Council	778-5437
Contra Costa Event Park	757-4400
Contra Loma Regional Park	888-327-2757
Delta Youth Soccer League	978-5020
District III CCC Supervisor Diane Burgis	252-4500
District V CCC Supervisor Federal Glover	608-4200
East County Regional Group	771-7338
El Campanil Theatre	757-9500
First 5 Contra Costa	771-7300
Girl Scouts of America	800-448-7248
Library—Antioch Downtown	757-9224
Library—Antioch Community Center	776-3060
REACH	754-3673
The East Family Justice Center	281-0970
Tri Delta Transit Dial-A-Ride	754-3060
Fixed Routes	754-4040
Administration	754-6622
Assembly Member Jim Frazier	513-0411
Congressman Jerry McNerney	754-0716
Congressman Mark DeSaulnier	933-2660
Senator Steve Glazer	258-1176
The Drama Factory	695-4123

CITY OF ANTIOCH SERVICES & DEPARTMENTS

Recreation Department

Antioch Community Center	776-3050
Nick Rodriguez Community Center	776-3050
Antioch Water Park	776-3070
Antioch Senior Center	778-1158
Nutrition Program	727-5236

City Attorney

779-7015

City Clerk

779-7009

City Council

779-7010

City Manager

779-7011

City Treasurer

779-7005

Community Development

Land Planning	779-7035
Environmental Resource	779-6137
Building Inspection Services	779-7065
Code Enforcement	779-7042

Finance

779-7055

Business License

779-7059

Water Service

779-7060

Human Resources

779-7020

Information Systems

779-7057

Police Department

Emergency 9-1-1

Non-Emergency 778-2441

Business 779-6900

Animal Services 779-6989

Public Works (Administration)

779-6950

Engineering 779-7035

Parks/Maintenance 779-6950

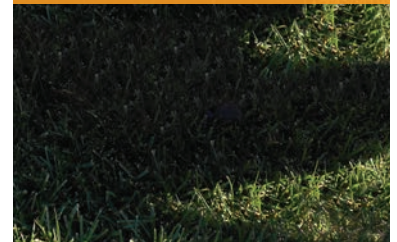
Marina 779-6957

Park Vandalism Hotline 779-6950

RV Storage 779-6950



Opportunity is
magnified here.



THE PERFECT PLACE FOR YOUR EVENT
RIGHT IN YOUR OWN COMMUNITY!

ANTIOCH RECREATION FACILITY RENTALS

Dedicated to making your event a memorable one



*Whether your event is large or small,
indoor or outdoor, elegant or casual,
there is a venue to fit your needs.*

OPEN HOUSE

to view rental facilities

is temporarily suspended.

Please call for information:
925-776-3050

WEDDINGS - BIRTHDAYS - REUNIONS - MEETINGS
ANNIVERSARIES - RECITALS - SEMINARS
CLASSES - CHARITY FUNDRAISERS - EXHIBITIONS

Call the Recreation Department or visit the
City of Antioch website for more information
925-776-3050 www.antiochca.gov/recreation

ANTIOCH
CALIFORNIA
OPPORTUNITY LIVES HERE

Residential Customer



California Coastal Cleanup Day

SATURDAY, SEPTEMBER 18

Volunteer alongside your families, friends, coworkers, scout troops, school groups, and service clubs. Help us preserve wildlife by taking trash out of the environment and our waterways.

Plan to spend a day
outside connecting with
your community to
celebrate California!

ANTIOCH MARINA
9AM-NOON

To sign up or get more information,
visit the website at

www.antiochca.gov/recreation/coastal-cleanup-day/

CITY OF
ANTIOCH
CALIFORNIA
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